

عنوان مقاله:

Comparison of the Quality of Life, Life Style and Happiness of Mothers in the First Experience of Delivery in Four Stages of Life

محل انتشار:

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خلاصه مقاله:

Introduction: Childbirth is considered as the most significant event of a women's life and a transitional time, a potentially stressful one during which a woman needs to face both the new maternal role and changes in her body. The aim of this study was to evaluate and compare the three indicators of quality of life, lifestyle and happiness of Iranian mothers experiencing their first childbirth at different ages. **Methods:** Statistical population of this study were all women with first delivery in four age groups: below 20 years, between 20 and 30 years, 30 to 40 years and above 40 years that were selected from Arash, Saarem and Mahdiah Tehran hospitals. Four questionnaires: i) demographic questionnaire, ii) the oxford happiness inventory (OHI), iii) miller lifestyle questionnaire, iv) quality of life questionnaire were used to collect the data. Spss software and MANOVA test was used to analyze the data. **Results:** There is a significant difference between the happiness of women in four groups $F(3,116) = 11.014, P < 0.01$. The happiness of women with age under 20 was lower than women in other age groups. A distinct difference is available between four age groups for lifestyle scores, as calculated F was meaningful ($F(3,115) = 19.654, P < 0.01$). The average lifestyle for women under 20 years is higher than other age. A significant difference between the quality of life of women in four groups. Since calculated F ($F(3,116) = 17.050, P < 0.01$). The average quality of life for under 20 years was lower than those of three other groups. **Conclusions:** The happiness and satisfaction of life of each individual is directly in relation with people's attitudes to life. Having children at a younger age may have influenced women in terms of education, employment opportunities, income and wealth in the short term and the long term. Therefore, young mother would experience more poor state and less happiness which is also confirmed by obtained data in this study

کلمات کلیدی:

Quality of Life, Happiness, Life Style, Parturition, Age

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